



for the  
little ones

tomato  
sauce

cucumber  
& tomato

Potato & Steak  
Pieces



## family Steak Night

Grilled beef steaks served with golden crispy potato, fresh salad and a dollop of garlic & parsley butter.



35 minutes



Beef



4/6 servings

| Per serve   | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 39g/41g | 13g       | 38g/39g       |

## FROM YOUR BOX

|                   | 4 PERSON | 6 PERSON    |
|-------------------|----------|-------------|
| BABY POTATOES     | 1kg      | 1.5kg       |
| GARLIC CLOVE      | 1        | 2           |
| PARSLEY           | 1 packet | 1 packet    |
| FESTIVAL LETTUCE  | 1        | 1           |
| CHERRY TOMATOES   | 200g     | 2 x 200g    |
| LEBANESE CUCUMBER | 1        | 2           |
| BEEF STEAKS       | 600g     | 600g + 300g |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, butter

## COOKING TOOLS

oven tray, large frypan or BBQ

Use the garlic & parsley butter to make garlic bread, or slice the steaks and serve them in crusty rolls with salad for a tasty steak sandwich twist.

### Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.



### 1. Roast the Potatoes

Set oven to 220°C.

Chop **potatoes** and toss on a lined tray with **oil, salt and pepper**. Roast for 25–30 minutes, until golden and crispy.

**tip** Add fresh or dried herbs before roasting such as rosemary or thyme.



### 4. Cook the Steaks

Rub **steaks** with **oil, salt and pepper**. Heat a frypan/BBQ over medium-high heat. Cook for 2–3 minutes each side (or to your liking). Set aside to rest.

**tip** Add a fresh or dried herb for extra flavour! We added dried tarragon (1–2 tsp).



### 2. Make the Garlic Butter

Dice **60g butter**, crush **garlic** and finely chop **parsley**. Mash together with **1 tbsp olive oil** and **salt** until combined. Set aside for serving.

**6P – use 80g butter**

**tip** You can skip the parsley, and use it for garnish if preferred!



### 5. Finish and Serve

Slice the **steaks** (allow to rest 5 minutes).

Serve with **crispy potatoes, salad and garlic butter**.

**tip** Serve with tomato relish, mustard or a drizzle of BBQ sauce for an extra flavour kick.



### 3. Prepare the Side Salad

Trim and rinse **lettuce** leaves. Halve **tomatoes** and slice **cucumber**. Arrange in a serving bowl or platter.

**tip** Dress side salad with olive oil and vinegar of choice if you like.